

CERT NEWSLETTER

SINCE 1991

May 2013

**President's Message***By Peter Petrelis*

The clock on year 2013 seems to be running faster than I remember in previous years. We are already into May. The new format CERT classes will be completed with the all-day Saturday "Drill Your Skills"

session on May 4. We continue planning and need volunteers to help with remaining events this year.

The April 11 CERT General Meeting featured guest speaker Patty Gleed, RN, Emergency Medical Service Coordinator from the HB Fire Department, who presented the seven basic steps for "Hands Only" CPR. She showed a cute video demonstrating "Hands Only" CPR to the tune of "Stayin' Alive." You can view it by searching on the internet for "Official AHA Hands Only CPR Instructional Video." There are several similar YouTube's on the internet. On June 4, during National CPR week, there will be demonstrations from noon to 4 pm at the Huntington Beach Pier and possibly at Bella Terra. They may need some CERT volunteers to help teach. She talked about Automated External Defibrillators (AED.) There are many located throughout the city, but 80% are used only by professionals.

At the April 11 meeting, Brevyn talked about the new program "Map Your Neighborhood" and the nine simple steps involved. A neighborhood consists of 40 or fewer homes. The program involves skill and equipment inventory, creating a contact list and mapping the neighborhood. Brevyn explained that the "Map Your Neighborhood" program is just an outreach tool and does not replace CERT. Instruction would consist of 30 to 45 minutes discussing personal preparedness, 30 to 45 minutes of mapping the neighborhood and CERT recruitment. More information will be presented in the near future.

All CERT members are invited to our May 9 General Meeting at 6:30 pm in B-8 (next to the Council Chambers). This will be a hands-on training. Patty Gleed, will give us in-depth instructions on "Hands Only" CPR. There will be practice dummies so everyone will get a chance to perfect their skills. Please join us for this important free instruction.

We will also be planning upcoming fun activities and special trainings. These include: the June 4 countywide sidewalk CPR described

below, June 22 cooking in the park, marching in the July 4 parade, First Aid booth at the July US Open of Surfing, Senior Saturday in September, Disaster Preparedness EXPO September 21, as well as advanced training. This is an opportunity to get more involved with CERT by helping out, learning new skills and meeting new friends. Everyone is welcome, even though you may just want to observe.

On June 4, during National CPR Week, there will be CPR demonstrations at the Huntington Beach Pier and possibly at Bella Terra. CERT may be called upon to help, so let's all work on our skills!

CERT members are encouraged to check the members' portal on the city website for announcements and news. All members are urged to record their volunteer hours. If you have forgotten the password, leave a message on the CERT message line at 714-536-5974 and someone will call you back with the information.

Members who completed basic CERT training in 2010, 2011, and 2012 but who did not complete the advanced training and live scan required to become "CERT Fire Department Volunteers" are now extended an opportunity to do so by February 2014. I will be e-mailing information to you this month.

NEWSLETTER HELP: Opportunities for CERT members exist to help edit and prepare the CERT newsletter. If you enjoy working with a computer, we will help you learn and use Microsoft Publisher to organize and create the monthly newsletter. Or if you enjoy editing newsletter articles, we can use your help. Newsletter team meets monthly, generally the last Tuesday of the month, 9:00 am to late afternoon when we finish. Why not come by and give it a try, we need your help! If you are interested, please call me at 714-842-6136 or email me at pgpworks@verizon.net.



NEWSLETTER TEAM AT WORK 1



HB CERT

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CLASS 1

Fire Escape Ladders

By Anna Pinter

If you live in a multi-story home a fire escape ladder is a must for a safe exit. Fires start very fast and spread even quicker often leading to panic. It is very common for a building fire to cut off access to a stairway leaving individuals trapped on an upper floor of a home. Here are some tips for purchasing a reliable escape ladder.

Determine Length

One of the most important factors to consider is making sure an escape ladder is long enough to reach the ground from your point of exit from an upper story room. Use a piece of rope, string or an extension cord to measure the distance from the window or balcony to the ground. Mark the rope with a marker to indicate the location of a window sill or balcony edge. Go outside and stretch the rope out from the end you dropped to the ground and note the location marked on the rope. Measure the distance and you have a minimum length for the fire ladder you need to purchase. If there is more than one window or point of exit, be sure to measure each one, as the height may be different for each exit.

Window or Exit Size

The exit size may vary with each window, door, sliding glass door or balcony. Determine how wide the fire escape ladder needs to be and still fit through each opening. Measure the inner width of each exit. The wider the ladder the easier it will be to climb down. Ask yourself how the escape ladder can attach to the window sill, balcony wall or guard rail. If there is a large lip or outcropping, make sure your escape ladder will accommodate it.

Meet Fire Codes

The American Society for Testing and Materials (ASTM) gives a rating for every reliable escape ladder that is safe for home or commercial use. It is important to make sure your fire ladder is marked and meets ASTM standards.

Ease of Use and Reliability

When length, width and standards for your fire escape ladder have been determined, your ladder will actually accommodate an emergency situation. The final decision is how easy is the escape ladder to deploy? Be careful if you are buying on line. Check Consumer Reports. Go to a store and check it out before buying on line. Firefighters encounter more fires and escape ladders so ask the experts before you buy.

Once you have fulfilled the requirements and have purchased an escape ladder, place it in an easy to access location. Do not place the ladder high on a shelf, behind boxes, or under stacks of other items. The most common places are under the bed or under/beside the exit point. In some situations of multiple occupants in a two-story home more than one ladder may be required.

Do not wait until a fire or emergency to find out how to use your ladder. Be safe and have a buddy help you deploy your ladder and make sure you know how to use it in an emergency.

A high quality fire escape ladder gives you a safe exit. However, do not forget to have smoke detectors and CO detectors to warn you of fires and toxic gas in your home.

Carbon Monoxide – the Silent Killer

By Art Weiland

Carbon Monoxide (CO) is known as the “silent killer” because it’s a gas that is odorless, tasteless, colorless, and capable of infiltrating every open space.

CO detectors were created to solve this problem and mandated by California law to be installed in every “dwelling unit intended for human occupancy.”

According to the California Dept. of Forestry and Fire Protection (Cal-Fire), an average of nearly 500 people die nationwide every year of carbon monoxide poisoning. It also sends more than 20,000 to the emergency rooms and is why the carbon monoxide detectors were mandated in California homes.

What is the source of carbon monoxide? The origin is from incomplete combustion when burning natural gas, gasoline, oil, coal, wood, kerosene, etc. There is no positive means to prevent the creation of this deadly gas. It can be detected safely in your home only with the use of a working carbon monoxide alarm. The initial symptoms of CO poisoning are similar to the flu, and include dizziness, fatigue, headache, nausea, and irregular breathing. High levels of exposure to CO can cause death.

When are CO devices required to be installed?

1. For a single-family dwelling having fossil fuel burning appliances, and/or attached garages, the effective date was July 1, 2011.
2. For all other dwelling units having fossil fuel burning appliances and/or attached garages, the effective date was January 1, 2013.
3. For hotels and motels having fossil fuel burning appliances and/or attached garages, the effective date is January 1, 2016.

It’s recommended that one CO alarm be installed on every floor and outside each sleeping area. A CO detector does not take the place of a smoke alarm.

If your carbon monoxide alert device sounds and you are feeling drowsy, leave the house and call 911 from your neighbor’s home. You may need medical attention for CO poisoning.

Top 10 Home Safety Tips

<http://www.casafehomes.org/law.html>

Install smoke alarms on every level of your home and outside every sleeping area. Test them monthly. If your smoke alarms are old replace them. If you build or remodel your home, install fire sprinklers.

1. Develop a fire escape plan for your family: Point out two exits from each room, pick a meeting spot outside, and hold a fire drill at least twice a year.
2. Always stay in the kitchen while food is cooking on the stove.
3. Keep all stairways, paths, and walkways well lit. Use railings.
4. Install grab bars in bath and shower stalls, and use a non-slip mat or adhesive safety strips inside bathtubs and showers.
5. Post the National Poison Control Hotline number (1-800-222-1222) and other emergency numbers next to every phone in your home.
6. Install child locks on all cabinets used to store dangerous items such as poisons, matches, and lighters.
7. Install carbon monoxide alarms.
8. Keep your water heater setting at 120°F or less.
9. Install four-sided pool fencing with self-locking and self-closing gates. Fencing should completely isolate the pool from the home and be at least five feet high.
10. Constantly supervise children in or near water such as pools, ponds and bathtubs.

American Red Cross Mobile Apps

By Virginia Petrelis

I recently heard on the news about the ARC Mobile Apps and downloaded three of several on my Android phone. They are wonderful and they are free!

The First Aid App offers expert advice on everyday emergencies along with instructional videos and step by step advice. It's available for iPhone and Android devices.

The Earthquake App helps you prepare for an earthquake, get notified when one occurs, suggests what to do afterwards and lets you notify others that you are safe. It's available for iPhone and Android devices.

The Wildfire App lets you know where the National Oceanic Atmospheric Administration (NOAA) has

issued wildfire warnings. You can also let loved ones know you are safe even when the power is out. It's available for both kinds of devices.

There are also apps for Tornadoes and Hurricanes. There is a Shelter Finder App (for iPhone only at this time.)

You can download these neat apps from the iTunes or Google Play app stores. Search for each app individually (example: American Red Cross First Aid.)

Come On Out and Play with Us – HBCOA “On Course” Golf Tournament

By Judy Ann Morris

The **Huntington Beach Council on Aging** and Title Sponsors, **First Bank and Capital Source Bank**, invite you to take part in the 21st Annual “On Course” **Golf Tournament Friday**. This event is slated for **June 21, 2013** at Meadowlark Golf Club in Huntington Beach. The day will begin with a putting contest and barbeque lunch, followed by a shotgun start at 12:30 PM. A buffet awards dinner with raffles, auctions and other fun activities, as well as a no-host bar, will immediately follow the tournament around 6:00 PM.

The proceeds from this tournament help to support seniors, low-income seniors and their families through many beneficial programs offered by the Michael E. Rodgers Seniors' Center and Huntington Beach Seniors Outreach Center. Senior Services provides a wide variety of services, classes, activities and clubs designed to support seniors in staying healthy, active and independent. For further golf and sponsorship information, call Rodgers Seniors' Center at 714-536-9387.

APRIL 11, 2013 CLASS



Class Sign In



Instructors



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, May 18th - 10 AM to 1 PM
- Wednesday, May 22nd - 6 PM to 9 PM
- Saturday, June 22nd - 10 AM to 1 PM
- Wednesday, June 29th - 6 PM to 9 PM

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

Upcoming Events

- May 9, 2013 6:30pm General Training meeting in-depth instructions on "Hands Only" CPR and Planning meeting in B7/ B8.
- June 13, 2013 6:30pm General meeting in B7/B8.
- June 22, 2013 9:00am to 4:00pm Alternative Cooking in Central Park

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting Peter Petrelis at gpgworks@verizon.net to update their information.

HB CERT Newsletter Staff

Proof Reading / Editing Team:

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Cynthia Goebel

Virginia Petrelis

Attention! If you want something placed in the Upcoming Events, e-mail Judy Ann at jamorris189@yahoo.com

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Presentation for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Classes to the residents of Huntington Beach. It is easy and it is FREE!

Five Simple Steps:

- Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.
- Choose a convenient date and time for your group.
- Call the CERT Message Line (714-536-5974) or log on the CERT website at www.huntingtonbeachca.gov/cert (click on left column "schedule disaster presentation"). Please give us at least three weeks notice and we will do our best to accommodate your group.
- CERT will provide a flyer to distribute to your neighborhood or group.
- Host to provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)